

Elk Point REVIEW

Bringing You the News since 1984

Tuesday, October 14, 2014
Vol. 34 No. 41 • \$1 (GST incl.)

History buffs
Could join forces

Page 3

Back to war
MP says intervention a
necessity

Heinsburg marks
new school year
...Page 12



Jon Svec photo

Making the turn

A group of runners from F. G. Miller High School lead the pack of runners through the course during cross country zone finals on Oct. 8. The race was hosted at the scenic and historic Métis Crossing, just south of Smoky Lake. Story, Page 6.

Benefit dance for injured roper to be held Saturday

VICKI BROOKER
Review Staff

Response to a fundraiser for injured team roper Malcolm 'Mouse' McKenzie and his family has been "fantastic," according to planning committee member Faye Poitras.

"So many people are offering to help. Mouse knows people all over the world and he has touched a lot of hearts, now everyone wants to say thank you."

McKenzie and his family have a long involvement with the Ag Society, team roping and barrel racing groups. He competed in rodeos for many years, and has shoed horses for a number of chuckwagon drivers, Poitras said. "People have been calling from all over for tickets."

Tickets to the Oct. 18 benefit dance at the Elk Point Agricultural Society's C. G. Baker Memorial Arena are "nearly sold out, and we printed 500," Poitras says. "And we have over 60, probably closer to 70, items for the live and silent auctions. Someone donated a quad, there's a custom saddle and all kinds of other items, large and small."

(Continued on Page 2)

Fidler descendant elected as MNA Zone 2 vice president

VICKI BROOKER
Review Staff

An Elk Point resident whose roots go all the way back to fort builder and explorer Peter Fidler has been elected as the Zone 2 vice president of the Métis Nation of Alberta. Duane Zaraska, the grandson of Laura and Bill Fidler and a member of the Moose Mountain Fidler family, was sworn in Oct. 4, along with Zone 2 president Karen Collins, who was elected for another term.

MNA provincial president Audrey Poitras, also originally from Elk Point, was also re-elected for another term.

Zaraska's background includes both business and youth involvement, and his small business, the Wapiti cafeteria at F. G. Miller

High School, reflects both. He studied business administration at NAIT, majoring in business management, and his involvement with young people has ranged from coaching soccer and driving school bus to being an instructional assistant, a youth worker and a volunteer for school activities.

In this new leadership role, Zaraska says he is "committed to building a strong, self-sufficient and proud Métis Nation." Economic development, he says, can be driven by supporting education, employment assistance and youth programs, building relationships with new businesses, strengthening bond with existing partners, industry and government, and upholding the alliance with the Joint Venture Group.

Social development, he says,

can be stimulated by encouraging the membership to build and strengthen the Métis Nation, promoting and involving all members, regardless of their age, disability or capacity, commitment to health and wellness programs, support for new youth programs and activities, and promotion and building pride in Métis history, values, language and traditions.

The Métis Nation of Alberta came into being in 1928, and has existed to advocate on behalf of and meet the needs and aspirations of Métis people in Alberta.

Newly elected Métis Nation of Alberta Zone 2 vice president Duane Zaraska poses in front of Elk Point's statue of his ancestor, fort builder and surveyor Peter Fidler.



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Elk Point 4-H Beef Club helps with preparations

Preparation for the Malcolm McKenzie Fundraiser has been underway since August, and earlier this month, the Elk Point 4-H Beef Club was among those to pitch in and assist. Members, with some guidance from the leaders, spruced up the venue with a fresh coat of paint on all the panels that line the arena, and were very proud to give a helping hand.

Janice Wirsta photos



Benefit

(Continued from Front Page)

The event was spearheaded by the Ag Society and a group of volunteers soon after McKenzie was injured at a roping jackpot early in the summer when his horse started

bucking as he was roping a steer. His fall resulted in a broken neck and surgery to install support rods, followed by months of recuperation and rehabilitation.

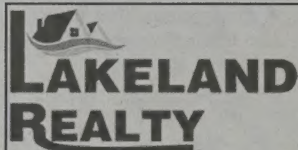
Fellow ropers quickly sprung to the aid of the family, with an impromptu fundraiser at the LDL Arena near Boscombe bringing over \$34,000 in support, and spurring his hometown friends into action, as they got plans underway for a benefit of their own.

Saturday's dance and auction features live music by Tiffany Dowhan and a light beef-on-a-bun lunch at 10 p.m. Doors open at 7 p.m. with the live auction slated for 8:30 and the dance to follow. The Ag Society says there is plenty of room on the grounds for those who wish to bring along their campers instead of driving home, as some of those expected to attend will be traveling a long distance to do so.

Meanwhile, in Edmonton, McKenzie is "making progress," Poitras says. "He has some movement in his arms, and he's undergoing pretty intense therapy. He's progressed so much in an month, and has more mobility. Every week there's improvement."

Poitras says McKenzie is determined to recover, "and with Mouse, it's all about being positive, setting goals and making them come true. He's still his happy, cheery self and likes to laugh and joke with the people who come to visit."

McKenzie and his family are coping quite well with the situation, and "have had lots of company while they've been in Edmonton," Poitras said. "Last week he had a special visit from his dogs, and they were as glad to see him as he was to see them. They were always with him."



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REQUEST FOR PROPOSALS

Evergreen Regional Waste
Management Services Commission
Hauling Leachate

SEALED TENDERS, clearly marked "Hauling Leachate", will be received until 4:30 p.m. November 7, 2014 at the scale house of Evergreen Regional Waste Management Services Commission at the following address: NW 16-56-10-W4M. Mail tenders to Evergreen Regional Waste Management Services Commission, Box 3, Lafond, Alberta, T0A 2G0. MUST HAVE **HAULING LEACHATE** ON OUTSIDE OF LETTER.

The proposal is for hauling leachate from Evergreen Regional Landfill SW 16-56-10-W4M to CCS Lindbergh SW 26-56-5-W4M. In the summer you would have to load from a tank which is above ground, and in the winter you would have to pump from a sump 10 meters below ground. You would have to be ready to haul within 24 hours notice.

Proposals received via facsimile machine will not be accepted. Evergreen reserves the right to accept the proposal which, in its sole discretion, best provides for the needs and/or the best value to the Regional Site. The lowest or any proposal will not necessarily be accepted.

Inquiries regarding this request shall be directed to:

Ramona Arnett, Manager - Ph. 780-646-6125
Mike Gill, Site Operator - 780-210-5002



Snowmobile Club

ANNUAL GENERAL MEETING

Thursday, October 23, 2014 at 7 p.m.
in the Club House (Staging Area) by Eco Ctr.

Bar Tee EL Quarter Horses ANNUAL PRODUCTION SALE

Thursday, October 16, 2014 @ 6:00 pm
Western Pride Auctions, Bonnyville, AB
(In conjunction with Regular Horse Sale)

On offer our usual high quality offspring
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1 brown, 1 bk, 1 sorrel

For info:

Mike: 780-826-3214 or 780-826-8731

Joey 780-826-5876

WP Auction 780-826-2233

Email pmkopala@mcsnet.ca

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Historical Society, Friends could join forces

VICKI BROOKER
Review Staff

Two local groups intent on preserving and promoting the rich history of the Elk Point area are considering joining forces.

In the beginning, there was the Elk Point Historical Society. Formed in 1975 under the able chairmanship of the late Sid Holthe, the group's first project was to record local history in book form, with *Elk Point Reflections* coming off the press in late 1977. A second volume, *Supplement to Reflections*, which included information arriving after the first book was completed the following year.

When the Historical Society realized that the community's 80th birthday of settlement was imminent, they spearheaded a project which has become one of our local landmarks, the 100-foot-long historical mural, painted by Billie Milholland.

An even more impressive local landmark came from one of the Society's most difficult tasks, the ongoing lobbying by Holthe, the late Mary Bennett and others, to have the sites of Fort George and Buckingham House fur trade forts preserved and protected as historical sites. Many briefs, presentations and meetings with government officials went into this effort, and many years later, bore fruit, with the designation of the historic sites and the announcement that an interpretive centre would be constructed to honour the history of the sites.

With that project on the horizon, the Historical Society president at that time,

Frank Mayner, was asked to serve as project manager, and oversaw the long-awaited building to its completion just before the twin sites celebrated their bicentennial in 1992. Mayner used the management fees to create a nest egg still being used by the society today.

With the historic site open to the public, the society looked into forming a Friends group to assist with its promotion and projects. After sending a delegation to a Friends of Historic Sites conference to get the necessary information, the Friends of Fort George and Buckingham House was born, beginning as a committee of the Historical Society and later becoming a separate organization.

Over the years, Friends membership grew and the organization flourished, while the Historical Society maintained its status quo. In more recent years, however, members of both groups have moved away or passed on, and many of the current members belong to both groups.

"Why go to two meetings when we can go to one?" they asked, suggesting that the two groups join forces once again.

A joint meeting is scheduled for Thursday, Oct. 23 at the Elk Point Municipal Library, with pizza at 6 p.m. and the meeting to follow. At this time, the organizations will discuss ways that they can work together to preserve local history and to spread the word about the long and fascinating history of our area. Anyone who is interested in the history of Elk Point and area and its fur trade roots is invited to attend and find out more about the possibilities.



Nigel LaFrance
Broker / Owner

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THE TOWN OF ELK POINT Notices & Information



DEVELOPMENT APPLICATION

Permit #	Location	Civic	Developer	Development	Decision
14-11	Lot 13, Block 21 Plan 2130HW	4917-53 Ave.	Dorrie Deutschendorf & Daniel Hampson	Shed	Oct. 3/14

Any person claiming to be affected by the decision made by the Development Officer may appeal by writing a NOTICE OF APPEAL to the Secretary of the Development Appeal Board, Box 448, Elk Point, Alberta within 14 days from the first publication of this notice giving reasons for the appeal. Such appeal shall be accompanied by a certified cheque or money order in the amount of one hundred fifty (\$150.00) dollars.

Dated this 6th day of Oct. A.D., 2014

Myron J. Goyan, Development Officer

Malcolm (Mouse) McKenzie and Family BENEFIT DANCE

with Live and Silent Auction

- hosted by Elk Point Ag. Society and Volunteers -

Live Music by Tiffany Dowhan



Mouse was at a roping jackpot when the horse he was riding started bucking while Mouse was roping a steer. He ended up breaking and fracturing 7 vertebrae in his neck. He has gone through surgery where they put in 3 rods and screws to help support his neck. He remains in positive spirits and will be starting rehabilitation soon. So save the date and come on out to support our beloved Mouse.

To donate silent and live auction items please contact Megan Proskiwi either by phone 780-614-0226 or email: maganzer@hotmail.com or post your item on the Facebook group site!! If we could have the items on hand before the 18th it would make it easier to set up and display the items longer but we will accept items at the door as well!

Saturday, October 18, 2014

Elk Point Ag. Society
Indoor Arena

Door and bar open 7 pm
with Live Auction
to start at 8:30 pm
followed by Dance
and light dinner at 10 pm

Tickets \$25 per person
6 and under Free

Tickets available through
Ag. Society members or
can be purchased through
Shelley Hawthorne
at slhawth@telusplanet.net
or phone 780-645-3247

The Ag. Society would like to let everyone know there is plenty of room to bring campers so that everyone can enjoy the night safely!



Apple Drugs

Your Natural Choice

Capsule Comments

by Your Natural Choice Apple Drugs
Pharmacy Manager, Chris Letawsky

- There is much hype in the popular media about magic methods of losing weight. These can be herbal-based, like garcinia or fad diets where you cut out certain foods and eat only others. The secret to weight-loss is to eat regular foods in smaller amounts (except your veggies), choose sensibly when eating out in restaurants and choose daily exercising which is fun for you. It's no magic!
- It's well-known that diabetes is on the increase in North America. Some ethnic groups seem to be more susceptible to getting diabetes than others. These include people from India and Southeast Asia and First Nations people in Canada. Recent studies have shown that the incidence of the disease has risen more sharply among Chinese-Canadians. Reasons for this include more urban lifestyles, dietary changes and to some extent obesity is the cause.
- Eggs have in the past got a bad rap. However, eating an egg a day certainly won't increase your risk of heart attacks and do contain good nutrients for good health.
- When you get a new prescription from our pharmacy for the first time, we will let you know if there are any side effects that may affect your quality of life. Some side effects may not show up till later. As we age, some medications may affect our sense of balance. Antidepressants, some heart medications, pain relievers, sedatives and some antihistamines may cause this.
- Our pharmacists will be happy to talk to you anytime about your medications and any concerns you may have about them. It's part of our job to keep you informed on all matters pertaining to your medications. We're good listeners!

Pharmaceutical Services Team



Chris Letawsky
Pharmacy
Manager



Seyi Oyebo
Pharmacist



Amanda Sidener
LPN/Pharmacy
Assistant

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On October 20th we will be starting our 2014 Flu Immunization Initiative with Free Flu Shots to all Eligible Albertans over the age of 9. Additional staff will be on hand that day from 10 am to 6 pm to keep wait times to a minimum.

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Capsule Comments now available on our Facebook Page

Please visit www.facebook.com/appledrugselkpoint to keep up with what is going on at Apple Drugs Elk Point

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EDITORIAL

Extravaganza: a lost cause?

The Elk Point Chamber of Commerce executive is wondering if listing 'Christmas Extravaganza' on their Oct. 1 agenda scared everyone off from attending the meeting. Only one member, besides the executive, was there, and none of the four attendees came from a downtown retail business.

The date has been set, and members at the September meeting agreed that Extravaganza, which brings a large number of people to town on the last Friday of each November, is a good thing for Elk Point businesses. The point that it has already been listed in the tourist publications was also seen as a reason for the event's continuation.

This is not the first time that there's been a no-show at meetings where Extravaganza is to be discussed, but it could be the last, if nobody wants to be involved with its planning. When many individuals were involved, the duties were shared; when a bare minimum took care of business, it tended to be a big job for each of them.

Which will it be this year, or should it just fade into oblivion, disappointing all the fans of the popular event?

Look for 'Way Back When' on Page 5

YOUR VIEWS



An open letter to Alberta Health Minister Stephen Mandel

Dear Sir:

Since the elevation of Jim Prentice to the position of interim Premier of Alberta, and your appointment as interim Minister of Health for the Province of Alberta, we have been bombarded by a plethora of announcements wanting to denote a change of direction in the governing of Alberta.

As Minister of Health you have acted quickly in appointing members to a committee to study the delivery of healthcare to areas of Alberta outside of its cities. However, rural Albertans fear that without political will, all that will come of the issue which has been studied to death is another round of cuts to a system which has become rather frail and in need of a healthy dose of compassionate understanding.

We anticipate that your extensive experience in the domain of public administration will help you to understand that there are some public services, healthcare being one of them, which are seriously compromised when there is a lack of local communication. The bureaucrats you must deal with will assure you that all types of boards and committees have been appointed since 1993 with the expressed intent of enhancing the flow of information between Alberta Health Services and the rural communities.

In the early years of the abolishment of local hospital boards, regional boards were created and cooperation within the region was progressing reasonably well. However, as soon as the appointees to these boards began to flex their muscle, the boards were disbanded and replaced by greater regionaliza-

tion and a different band of PC hacks! These boards did not seem to meet the aspirations of those who in a clandestine manner were hoping to create so much havoc that the general population would clamour for the privatization of healthcare in Alberta. So the great black horse called "SuperBoard" was paraded out and we all know what a farce that has turned out to be. The saddest part of this whole affair is that the duly elected rural MLAs stood by and watched as serious wounds were inflicted on healthcare in rural Alberta. To this day the "pork-barrel" attitude of naming persons to the boards, councils or committees which are meant to be our communicators with Alberta Health Services continues to thrive.

Neither elected officials nor the highly paid bureaucracy seem capable of acknowledging that rural hospitals across Alberta cannot be efficiently administered by bureaucrats sitting in an office in Edmonton or Calgary. Some of the regional managers spent more time travelling from one community to the next than actually time spent in providing appropriate support to the frontline workers. Consequently, management decisions are constantly being made on statistics and not on the reality of the unique needs of individual communities.

In the last 20 years, we have seen Alberta Health Services degenerate into a system which demonstrates most of the greatest deficiencies possible in the context of a large bureaucracy. As a wise senior recently said: "AHS couldn't organize a convention for a swarm of blow-flies on a manure pile!" Waiting for PERMISSION to spend locally generated funds for equipment that AHS will not provide often takes many months. An example is the nine months which it took to purchase with local money two digital scales for the homecare workers. Basic maintenance of facilities is a farce to say the least. What business establishment other than AHS would accept eight months as an

acceptable time to carry out simple repairs to a roof leak which could cause a black-mould situation to arise? Or ask an organization to finance the upgrading of something like a bathroom and then leave the equipment purchased in its crate for almost two years because all work has ceased when a mould situation was uncovered while removing the old equipment. The residents of Lac La Biche know all about this. Also the inability AHS seems to have in billing groups such as the hospital auxiliaries or foundations for equipment that these have agreed to pay for years after the equipment has been acquired? Or how could such a high priced bureaucracy fail to recognize that making RN positions part-time in small rural communities would make it almost impossible to attract qualified people to these positions? I'm willing to bet that no one in the administration of AHS is concerned about such matters because they do not fit into the realm of statistics that their decision making process functions by.

Minister Mandel, if you were to act expediently in giving back some real local authority to our rural communities by allowing for the reestablishment of a local elected health (read hospital) board, many of us in rural Alberta would be willing to forgive you for the stand you took when we requested that the City Centre Airport in Edmonton remain open for Medivac flights by fixed wing aircraft.

We truly believe that by allowing rural Albertans to decide who should be advocates for their local hospitals, you will have done more for improving the delivery of healthcare services than all the Health Ministers who preceded you since 1992. The system by which our schools function seems to work relatively well. Why would it not be so for hospitals?

A concerned senior Albertan who votes,
Paul E Boisvert
Citizen of St. Paul, AB.

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.

ELK POINT REVIEW

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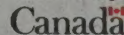
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Submitted photo

Support for A. G. Ross Arena

Servus Credit Union made a donation to the A. G. Ross Arena Operating Committee last Monday. Lorrie O'Reilly and Jennifer Dallaire presented the big cheque to Elk Point Minor Hockey president Tim Poulin.

Way Back When....

Day homes, short list, bird's-eye view

HERE'S THE NEWS THAT MADE THE HEADLINES OF THE ELK POINT REVIEW AND LAKELAND REVIEW FOR THE WEEK OF OCT. 14 IN...

1984

FCSS Director Kathie Locher announced that safety approved daycare in homelike situations would soon be available in Elk Point, with Elk Point receiving licensing approval for seven day homes, with the possibility of adding more if the demand is shown. Coun. Steve Stepaniuk was sworn in as deputy mayor at the town's organizational meeting.

1989

Eight candidates were in the running for four hospital board seats in the upcoming election, with incumbent Marvin Bjornstad and George Sanders in Ward 2, Doug Millar and John Wozniak Jr. in Ward 3, Craig Campbell and incumbent Mike Kadutski in Ward 4 and Orest Capjack and incumbent John D. Williams in Ward 7.

1994

Town council and Alberta Power discussed the possibility of moving the power substation to a new location alongside the town's sewer lift station, after Alberta Power accidentally discovered how close the original substation was to the sewer line. A by-election to fill three vacant council seats was put on hold when only one individual filed nomination papers, thus requiring the town to accept nominations each day for six additional days.

1999

Elk Point was one of four communities on the Northern Lights Library

System's short list of possible headquarters sites, along with St. Paul, Vermilion and Vegreville. Beautification and the business of the year were on the agenda when a full house of chamber of commerce members discussed an in-depth two-year downtown beautification plan, taking 'small' out of the title for the business of the year award to allow all businesses to be nominated, and setting Dec. 10 as the date for Christmas Extravaganza.

2004

Plans for the chamber of commerce Christmas Extravaganza were going full steam ahead, with committee chair Sandy Smith leading a full-scale onslaught on the list of activities and responsibilities to be taken care of. Northern Lights Library System was looking forward to their largest conference ever, with the opening keynote message to be presented by what committee member Connie Forst called "probably one of the biggest library champions Alberta has ever had," Lieutenant Governor, the Hon. Lois Hole.

2009

Elk Point's proposed 'bird's-eye view' of the community, via a swiveling video camera atop the EcoCentre, came under fire from concerned residents who felt it would invade their privacy, although Bob Bezpalko said it would provide weather information for pilots coming to the local airport and weather and trail conditions for visitors using the Iron Horse Trail. A plebiscite to determine if the County of St. Paul would vote for a reeve at large in the next election was set for Oct. 26.

KEEPING AN EYE OUT FOR YOUR NEEDS



5102 59 AVE ELK POINT

Vacant corner lot on the edge of Elk Point's newest subdivision. This lot has no building restrictions or time limits but you can still take advantage of the three year tax incentive for new construction.

MLS#: E3372009

\$60,000



RR62 RURAL ST. PAUL COUNTY

Very private acreage consisting of 11.30 acres of recreational land on Moose Hills Lake just 5 miles NE of Elk Point. This treed property with rolling hills is perfect for quadding, sledding, hiking, bird watching. Enjoy your time on the lake with a gathering of wildlife all around you. Natural gas is on the property and the possibility to build a cabin is there. GST may be applicable.

MLS E3375452

\$79,000



51 AV RURAL TWO HILLS COUNTY

Cozy, private and on the outskirts of Willingdon -- This 2.92 acre acreage is ideal for the first time home owner or someone looking for an ideal location to build. Inexpensive and a quick possession. Included -- Fridge, stove, microwave, washer, dryer, furniture and misc. tools. With two garages and a beautiful private mature yard.

MLS E3389395

\$105,000



HIGHWAY 41 RURAL ST. PAUL COUNTY

Situated on the south end of Kehewin Lake is the secluded parcel of 46 acres of recreational land. With 100 feet of lake front and enough room for family camping, this property has it all - Quiet and secluded yet just a few minutes from Elk Point. Kehewin Lake is great for water sports and fishing. There is a possibility to develop property into a recreational resort area or keep it as a quiet get-away. GST may be applicable.

MLS E3333089

\$124,900



5202 56 ST ELK POINT

Mobile home in Elk Point. This home has had many upgrades. The living room has a wood pellet stove for those chilly winter days. There is a large 12.5' X 44' deck off the back door as well as an 8' X 11' covered deck at the front door. Payments on this property are much less than rent. The seller is motivated.

MLS E3386467

\$129,000



HIGHWAY 41

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UNRESERVED AUCTIONS

SAT., OCT 18 - 9:30 A.M. - ESTATE OF ROY KREKOSKI & FOR SHIRLEY KREKOSKI - ST. PAUL
FOR INFO. PH. SHIRLEY 780-645-2629

LOCATION - From St. Paul on Hwy 881, 5 miles North to Twp. Rd. 590 & 1/4 mile East **TRACTORS & ATTACHMENTS** • FORD NH 9030 Bi Directional Tractor, 10,962 hrs, s/n D20254 c/w New Holland 7414 FEL & Grapple • Bucket & Grapple for 148 Loaders • 2 Volvo BM 850 Tractors, one for parts **HAYING EQUIPMENT** • NH 2331 DISCBINE, mnts on 9030 Tractor • NH BR7090 RD. BALER, Purchased new in 2014 • Kuhn SR112 12 Wheel Speed Rake • NH 276 Square Baler c/w 1/4 turn • 4 Wheel Hay Rake • 3 Prong Bale Fork • Baler Twine **TILLAGE EQUIPMENT** • Eze-On 20' Single Wing Cult. c/w Tines, VG Cond. • Terra Implements 14' Heavy Disc, notched front, smooth rear blades • 15 Section Diamond Harrows With Draw Bar • 2 - IH 24 Run Seed Drill Boxes For Parts • Selectatilt Trail Type 60" Heavy Duty Rototiller • Steel V-Plow **CATTLE & HOG EQUIPMENT** • Jiffy Bale Processor, 1000 PTO, Left Hand Discharge • New Holland 357 Mix Mill c/w Bale Feed • Avco New Idea 384 Feed Wagon • Complete Morand Cattle Handling System c/w Alley, Squeeze & Cage • Maternity Pen • Shop Built Round Bale Carrier, Pin Hitch • Wheathart Heavy Hitter Post Pounder, PTO Drive, V.G. • 2 - Rectangular Bale Feeders • 4 - Rubber Feeders • 14 - 8' X 8' Shelters on Skids • 3 - Pipe Frame Shelters, Approx. 14' X 30', Portable • 2 - Cattle Oilers • 12 - Steel Panels • 8 - Fence Panels (10- 14') • Quantity of Sharpened Fence Posts • Automatic Waterer • Hog Crates • 2 - Metal Hog Feeders **TRUCK & TRAILERS & BOAT** • 2006 Ford F350 Diesel quad cab 4X4, automatic, showing 171,000 km. nice cond. • 2001 FORD EXPLORER 4x4, 188,700 km • 16' Ball Hitch Trailer Tandem Axle, Home Built • Older 16' T/A Stock Trailer • Toolbox c/w tidy tank & pump • Springbok aluminum boat and trailer **SAW SHARPENING EQUIPMENT - COMPLETE LINE OF SAW SHARPENING EQUIPMENT** • Foley Belsaw sharpener • Foley Belsaw sharpall sharpener, Model 1055 • Foley Belsaw saw blade sharpener • 2 - skate sharpeners **GRAINERIES, AUGERS & TANKS** • 16' X 12' 4 Compartment Wood Bin With Metal Clad • Wooden Hopper Bin On Skids, Approx. 1000 bu. • 2 - Wood Graineries • Westfield 10' X 60' Swing Away Auger • 7' X 30' Auger c/w Gas Engine • 4" Electric Auger • 2 - 500 Gallon Fuel Tanks c/w Shed • 500 Gallon Fuel Tank • 300 Gallon Poly Tank • 350 Gallon Poly Tank • 3 - Oval Fuel Tanks • 500 Gallon Plastic Water Tanks **TREES, LUMBER & PIPE** • Approx. 300 - 16" potted Black Spruce Trees • Assortment of Rough Lumber • Approx. 40 Railroad Ties • 2' X 8' And 2' X 6' Rough Lumber • Quantity of 8' Slabs • Firewood - Pine Logs & Short Cut Lumber • 2 - Pipe Racks • Approx. 50 - 20' X 2" Pipe • 1/2" PVC Pipe • Quantity 2 7/8" And 3" Pipe Frames • Quantity of Pipe • Pipe Frame • Large Quantity of Scrap Steel & Plating **SHOP TOOLS & MISC.** • Skid Mount 6 Cyl. Duetz Generator, 240 Volt • Hydraulic Bender • Hotsy Pressure Washer, Electric, As New • Rigid 300 Pipe Threader • Hilti TE72 • Pipe Cutters • 14' x 52" metal work table • Quantity of Dewalt 12 volt power tools • Vector hyd. drill press • Large quantity of air tools • Miller Dialarc 250 AC/DC welder, single phase • Lincoln electric power mig 255 welder • PLUS V.G. SHOP TOOLS & MISC.

SUN., OCT. 19 - 12 NOON - REMI & DENISE CYR - LEGAL - PH. 780-961-3239

LOCATION From Legal 6 mi. E. to R.R. 241 & 1/2 mile S. **YARD & SHOP ITEMS - JD TRACTOR SELLS AT 1 P.M. SHARP** • JD 2320 diesel 4WD Tractor c/w loader, 60" mower, 416 hrs. • 54" 3 pt. leveler • 2008 Can Am Outlander 500 VT Quad, 73 hrs • Snow Blade for quad • 22hp. generator, 20 hrs • Elec. Compressor • 2001 Formula 500 deluxe Ski-doo, 2500 kms. • TOOLS, HOUSEHOLDS & V. GOOD FURNITURE

THURS., OCT. 23 - 9 A.M. - BILL ARMSTRONG TRUCKING LTD. - THORHILD - PH. 780-398-2294





LOCATION: From Thorhild on Hwy. 18, 7 miles West to R.R. 230 & 2.5 miles South. (Thorhild is 55 miles North of Edmonton) **CONSTRUCTION EQUIPMENT** • CAT D6C-LGP Dozer, s/n 90B-1454, Standard, 36" pads, canopy, Hyster Winch, 15' Angle Dozer, new under carriage & paint • CAT D7HXR Series II, High Drive Dozer, s/n 79204122, P. Shift, 26" pads, c/w enclosed cab & canopy, 14.5' Angle Dozer, Multi-Shank Ripper (s/n 12G07763), newer under carriage • CAT D8H-46A Dozer, s/n 46A30558, P. Shift, c/w canopy, 28" pads, 15.5' Angle Dozer with tilts, Winch, good under carriage • CAT D8H-46A Dozer, s/n 46A21051, P. Shift, c/w 24" pads, 15.5' Angle Dozer • FINLEY HI-WAY Hydrascreeen, s/n 7323, 1746 hrs., powered by Duetz diesel hyd. drive, single deck, 4'x8' Hanging Screener, Belt Feeder & Grizzly on Hopper • 1982 ARDCO, 4x4, crew cab, 371 Detroit - auto, c/w 500 gal diesel Tank & gas powered pump, 66x4300-25NHS Flotation Tires, Reconditioned in 2007 • ARDCO, 4x4, 371 Detroit-4spd. standard, c/w 8.5'x10' Deck, Flotation Tires **GRADER, LOADER, BOBCAT & MOWER** • 1994 - 870 Gallon (KOMATSU) Grader 17,627hrs., c/w 14' moldboard, 17.5x25's • 1984 - 4500 VOLVO Wheel Loader, 16,193hrs., c/w 3 7/8 smooth blade Bucket, third valve, L5-23.5x25's • BOBCAT 751 diesel, s/n 514715337, enclosed cab, 3053 hrs, aux. hyds. 66" Bucket • TORO 6500D, 4x4 Reel Mower c/w cab **TRAILERS** • SWS 25' T/A Dually G/Neck Trailer c/w Beaver Tails, Winch, Ball 5th Wheel, 2-10,000lb. axles • T/A Service Trailer, c/w 8'x14' Van Body, over head door & shelving, c/w approx. 1500 gal., 3 comp. Westeel F. Tank • 1980 TRAILMOBILE 45' T/A Highboy • ROUSSY 45' T/A Highboy • 45' T/A Highboy • Homebuilt 45' T/A 20 Rd. Bale Hay Trailer • S/A Converter • Peerless T/A Log Trailer **FARM & CATTLE EQUIPMENT** • JD 4620 diesel TRACTOR, cab, 8696 hrs., 8 spd. standard, dual hyds & PTO, c/w JD 148 Loader • Enrossi 12 wheel V-Rake, did 250 acres, As New • 2 VERSATILE 400 - 15' SWATHERS • N. Idea 486 Rd. Baler, soft core • 14' Deep Tillage • MORRIS CHALLENGER L-240 - 24' Vibrashank c/w tines **PIPE & MISC.** • 600 Joints of Pipe • 3 Welders • 2 - 38"x40' Steel Ramps • Huge Quantity of Scrap Iron • Fuel & Poly Tanks PLUS QUANTITY OF CAT ATTACHMENTS, 20 PICK-UP TRUCKS & MORE

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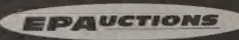
SUN., OCT. 26th - 12 NOON - WALLY & PAULINE KIRIAK - CARDIFF /ST. ALBERT - PH. 780-939-5780

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Runners meet at Métis Crossing for zones

JON SVEC
Review Contributor

Slightly overcast skies welcomed the runners, fans and support staff to the cross country zone finals on Oct. 8, hosted at the Métis Crossing just south of Smoky Lake. The historic buildings served as the backdrop for the course, as the runners traversed the hills and plains, sidling up, at times, near the vast expanse of the North Saskatchewan River.

Greg Cruickshank of Andrew School, one of the event organizers, was the one who suggested the venue.

"I run here every day after school – not at the actual facility here but on the roads – and I said that this would be a good place for the race," he said.

One of the reasons he thought it would work is that the course combines a few different aspects of cross country running.

"It has a very large, steep hill climb. That's the big challenge of the course," he said. "It's a bit of a runner's course too because there are some good flat spots, so there are some nice places where the runners can pick up some time."

Cruickshank, along with everyone else in attendance, was thankful for the favourable weather during the afternoon-long competition.

"We've had good conditions so far. Generally these cross country races are always overcast and cloudy, it seems, so today is par for the course," he said. "We're lucky we don't have snow. The last time we had cross country here in Smoky Lake, five years ago, there was snow on the ground."

The venue also gave the students a chance to garner some historical context on the day.

"The people at Metis Crossing have been really helpful," Cruickshank said. "They put together gift bags with cultural gifts for the kids to make it kind of a big experience, not just a race."

According to Tim Penner, one of the Regional's cross country coaches, most of the participants had never seen the course before the day of the event. A course walkthrough prior to the race, however, provided some valuable insight.

"It's a pretty flat course," he said. "There's just one big hill climb – they have to go up and down the same hill."

(Continued on Page 7)



ELK POINT SKATING CLUB

FINAL REGISTRATION

Monday, October 20, 2014 - 5:00 p.m.

A.G. Ross Arena - Horizon Room

For further information contact:

Kelly 780-724-3371 or 780-645-1022

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Influenza visits Alberta every year. The good news? Influenza vaccine gets here first.

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Alberta's Influenza Immunization Program begins October 20th.

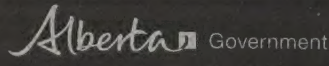
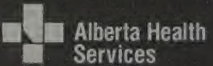
Influenza immunization will be offered, free of charge, to all Albertans six months of age and older.

Upcoming Immunization Clinics in Your Area

DATE:	TIME:	LOCATION:
Monday, October 20	9:00 AM - 3:00 PM	Elk Point Seniors Centre
Wednesday, October 22	3:00 PM - 8:00 PM	5018 48 Street, Elk Point
Tuesday, October 28		
Thursday, October 30	9:00 AM - 3:00 PM	Elk Point Community Health Services, 5310 50 Avenue
		Elk Point
Tuesday, November 4	1:00 PM - 3:00 PM	Fishing Lake Community Hall
		Sputinow

Please bring Alberta Health Care Card. Short sleeves recommended.

albertahealthservices.ca/influenza 1.866.408.5465 (LINK)



TIGHT RACE - A group of runners try to keep pace with each other throughout the race.

Jon Svec photo

Zones

(Continued from Page 6)

Ashmont coach Tim Yakiwchuk also found the walkthrough beneficial.

"You kind of talk with them and point out the high points and low points, and tell them to pace themselves accordingly," he said.

Soon the gun began firing and the runners were off. Six races would take place throughout the day, with a number of talented athletes pushing themselves to their ultimate limits.

Alana Haggerty of Cold Lake High School was the first to cross the finish line during one of the races.

"I thought it was really good," she said of the layout of the course. "I liked the hill and everything."

Haggerty came into the race with a specific strategy, and she was able to successfully execute it amidst the moderate conditions.

"I tried to get a good start and then pick it up on the hill," she said. "The wind wasn't that bad, I was worried about that."

Brooke Corbiere of Mallaig, who finished second in her race, was also able to stick with her initial strategy.

"My plan was to try and stay with the person in first place, and stay with them as long as I could," she said.

She was also pleased with the course, and the day's conditions.

"It's a very fast course. There was only one hill so it was a very fast race," she said. "The weather wasn't too cold. It was just right to run in."

Full results of the races were unavailable at press time.

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RURAL CRIME WATCH MEETING

Thursday, October 16, 2014
County of St. Paul Basement
at 7:00 p.m.



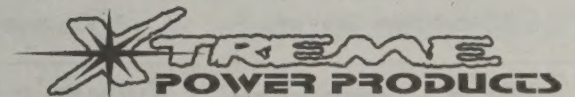
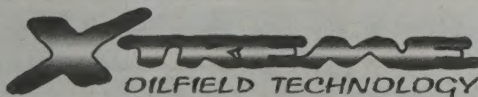
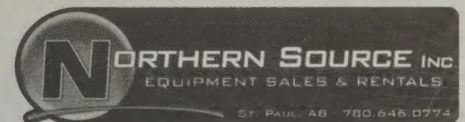
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**See you at the Iron Horse Mini
May 30th, 2015**

Canada back at war to stop spread of ISIL

MIKE PICKFORD AND JANANI WHITFIELD
Review Contributors

After less than a year of official peace, Canada once again finds itself at war.

Conservative MPs, led by Prime Minister Stephen Harper, last week voted to join the war in Iraq and fight the militants of the self proclaimed Islamic State of Iraq and the Levant (ISIL). Six CF-18 fighter jets will be deployed from Cold Lake, while three other planes will be deployed from bases in Ontario and Nova Scotia, as part of the six-month long mission.

"I believe that this is a necessity to intervene both militarily, and humanitarially and any other way we

can to stop the spread of ISIL, over what we've seen in the last six to eight months," local MP Brian Storseth said in an interview following the House of Commons' Oct. 7 vote to support the mission.

The U.S. is leading the bombing campaign, with several countries, including Britain, France, Denmark, the Netherlands, Australia, Saudi Arabia and the United Arab Emirates, joining in launching air strikes against ISIL.

"This is a fairly global effort to prevent what a lot of people see as al-Qaeda in emergence," said Storseth.

"This isn't any run of the mill terrorist organization," he said of ISIL and its aims to form a caliphate through the Middle Eastern region. "This is an organ-

ization with an express interest based on creating its own states and its own border in what used to be called the Levant area." From within these borders, ISIL has an aim to "launch global terrorist activities" against western democratic nations, he adds.

Supporters of ISIL are targeting ethnic minorities, including Muslims, Christians and other religious minorities, and its acts of public executions, beheading and crucifixions have captured worldwide attention.

"It is absolute slaughter that occurs when ISIL takes over a community," said Storseth.

Storseth was one of the 155 Conservative MPs to support a motion for Canada to join the campaign in the region; Independent MP Brent Rathgeber and Green MP Bruce Hyer supported the motion, while NDP and Liberal MPs opposed it.

Opposition parties urged further considerations of alternatives to combat. However, the Liberals did support the deployment of 69 special forces troops a few weeks ago, with those troops taking an advisory and training role in the region.

NDP leader Thomas Mulcair accused Harper of "plunging Canada into a prolonged war without a credible plan."

"Time and again, Conservatives have refused to answer clear questions and (have) been evasive on critical details of this mission," Mulcair said. "It is impossible to have confidence in the judgment of a prime minister who sends Canada into an unclear mission for an unspecified period, in an undefined area, with uncertain utility."

Storseth said the immediate goal in launch air strikes "is the resolve to deter, shrink and do what we can in fighting this ISIL terrorist movement." He noted Minister of Foreign Affairs John Baird has not ruled out revisiting the combat mission and timelines following the end of the six months.

Storseth said there was a need for a "holistic approach," including combat with education and information, to address the instability in the region. "It's not just about the military option."

However, he noted the men and women working in Cold Lake are experienced and competent in what they do, and are some of the "best trained" in the world.

"One thing I'd like to say at this time is that all of us in this area have a responsibility to not forget about the families of these individuals and what they're going through at the moment. We need to gather around as a community and help support them while their husbands and wives are overseas (protecting our country)."

"Certainly the Liberal party is in support of our troops and anyone we are sending into harm's way," said president of the Lakeland Liberal Association Mark Watson. "We can't allow this kind of barbarity to flourish. We have to take a stand on it."

However, he said the Liberals believe that Prime Minister Stephen Harper has not been completely clear and honest about the mission. "There is a sense that Mr. Harper is not showing all his cards when dealing with Canadians on all this," he said. Liberals would have been more supportive of a clear and established timeline for Canada's involvement, for instance with a two year, instead of a six month, mission, which Watson felt would have more results in the region.



ATTENTION COUNTY OF ST. PAUL RATEPAYERS

The County of St. Paul has contracted Accurate Assessment Group to provide assessment services for the 2015 tax year.

The assessors will commence property inspections shortly, and will be easily identifiable, as they will be carrying identification tags. If no one is present when the assessor visits your property, a call back card will be left. The County requests your co-operation in returning calls and providing the assessors with any necessary information. Listed below are the names and photos of the assessors that will be conducting these inspections:



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Troy Birtles



Jesse Nelson



Alison Reid



Cory Allen



Kris Meadows



Josh McMillan



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Sheila Kitz

Chief Administrative Officer

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BUSINESS: Do you need workers? We guarantee your LMIA applications approval (most cases). Call 613-739-7397. Temporary foreign workers? Are you looking for LMIA jobs? www.lmiatfinder.com. Canadian: www.workingalberta.com.

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HEAVY DUTY MECHANIC required for busy commercial transport truck dealership in Kamloops. 4 year apprentice or ticketed mechanic with strong electrical knowledge. Permanent full-time, competitive wage and benefit package. Resume to: Attn.: HR, 2072 Falcon Rd., Kamloops, BC, V2C 4J3. Email: jobapplication@jamesws.com. INTERESTED IN the Community Newspaper business? Alberta's weekly newspapers are looking for people like you. Post your resume online. FREE. Visit: awna.com/for-job-seekers.

1005. Help Wanted

The Pegasus Cash & Carry is Hiring!

DELIVERY DRIVER / WAREHOUSE WORKER

Details: Monday to Friday, overtime, some Saturdays, approx. 35% warehouse work, great pay & benefits

Required: >3 months large truck experience, manual tran & low demerits

Apply by Fax: 1-780-462-4876

or In Person: 5556-50 Ave, St. Paul

4605 - 50 Ave., Box 1226, Elk Point, AB T0A 1A0

EMPLOYMENT OPPORTUNITY

Shift Supervisor
Full-Time Employment
Mature & Dependable

Contact James Inglis 780-724-4440 or Fax Resume 780-724-2993

780-724-4440

1005. Help Wanted

EMPRESS FAMILY RESTAURANT & LOUNGE

Requires Full or Part-Time

• FOOD & BEVERAGE SERVERS

• LOUNGE EMPLOYEE

• KITCHEN COOK

Experience an asset.

Email resume to: allford77@msn.com

Fax 780-724-2737

Mail to:

Box 299, Elk Point, AB., T0A 1A0

or apply in person at:

4824-50 Street, Elk Point

CLASSIFIED DEADLINE Thursday 10 a.m.

HOLLOW RIVER TRANSPORT



in ELK POINT, AB.

IS LOOKING FOR 2 FULL-TIME

ADMIN POSITIONS

We offer competitive wages, benefits after three months.

The job is Monday to Friday and computer skills are mandatory.

E-mail resumes to:

hjohnson@hollowrivertransport.com

or fax 1-780-724-3434

College Friday & Saturday
October 24 & 25

Both campuses, both days!

OPEN HOUSE 2014

Vermilion • Lloydminster

Apply to Lakeland College in person or online during Open House & pay **NO APPLICATION FEE.**

www.lakelandcollege.ca/open-house

1040. Careers

Meat Cutter



Full time opportunities with a long standing local company located in Salmon Arm, BC, on the beautiful Shuswap Lake. Candidates should be experienced Meat Cutters who would like to grow and advance their careers with Askew's Foods.

Visit our website at Askewfoods.com for details on this position.

1005. Help Wanted

We are Hiring Heavy Duty Mechanics

2nd Year Apprentice to Journeyman

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To apply for this position, please forward your resume to: warren.swanson@bdeg.ca

BulldogEnergyGroup.com



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We are currently looking for a Facility Manager who has experience managing storage caverns. Responsibilities include meeting health and safety standards, complying with regulations and approvals, developing operational excellence, providing top customer service to internal and external clients and providing leadership to your operations team.

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tervita.com/careers

1500. Help Wanted — Alta.

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requires O/O 3/4 tons, 1 tons and 3 tons for our RV division and O/O Semi and drivers for our RV and general freight deck division. Paid by direct deposit, benefits and company fuel cards. Border crossing required with valid passport and clean criminal record. 1-800-867-6233; www.roadxservices.com.

SERVICE DEPARTMENT
Personnel required. Busy expanding Chrysler dealership 40 minutes from Edmonton looking for individuals to fill the following position:
Journeyman Automotive Service Technicians. Flat rate system. Wages commensurate with training level and experience. Chrysler experience preferred but not essential. Apprentices considered. Apply in person or by writing to: Brown's Chrysler Ltd., 10447 - 104 Ave., Westlock, AB, T7P 2E4. 1-888-349-5566. Fax: 1-780-349-6493. Attention: Dale Marshall or email: dfm@brownschrysler.com.

3010. Auctions

BUD HAYNES & Ward's
Firearms & Militaria Auction. Sat. & Sun., Oct. 25 & 26, 10 a.m., 11802 - 145 St., Edmonton. Over 1200 lots. Gord Fortner, Estate Walter Ashfield., Dr. Ed Hardy, Estate Jim McKinney. To consign phone 403-347-5855 or 780-451-4549.

1005. Help Wanted

POSITION AVAILABLE FOR:

PLANT OPERATOR

St. Paul Municipal Seed Cleaning Association Ltd. is currently seeking a plant operator that will:

- Assist with the duties of the day to day operations

Responsibilities include:

- Operate the plant equipment to process products to grade required
- Professionally assist customers to offload and load products
- Assist co-workers to maintain a clean safe work environment
- Maintain yard cleanliness and upkeep
- Some customer deliveries
- Adhere to safe operations manuals and other guidelines set up by St. Paul Municipal Seed Cleaning Association Ltd.

Assets are:

- Positive work ethic (alone or with co-workers)
- Computer experience
- Clean driver's abstract
- Agriculture experience or background
- Time management
- Reliable

Rewards for successful candidate:

- Benefits package
- Competitive & negotiable salary depending on experience
- Willing to train

Please mail, fax, email or drop off resume with references at:

ST. PAUL MUNICIPAL SEED CLEANING ASSOCIATION LTD.

c/o Ron Wirsta

Box 1101, St. Paul, AB., T0A 3A0

Email: ron.wirsta@stpaulseedcleaning.com
office: 780.645.3939 fax: 780.645.2122

We are Hiring Senior Accounts Receivable Clerk

You have:

- A minimum of 3 years' experience in Accounts Receivable, some of which must be in the oilfield service industry.
- A love of chasing field tickets and solving billing puzzles.
- Excellent communication skills and enjoy working with consultants, AP departments, operators, and internal departments.
- An attention to detail, you value accuracy and getting the job done right the first time.

We offer:

- A family oriented environment, we have a great team!
- A regular schedule, Monday to Friday, working 40 hours.
- Competitive wages within the oilfield service sector.
- A benefit plan and 3 weeks' vacation to start.
- A fast-paced environment, with lots of challenges.

To apply for this position, please forward your resume to lori.myhovich@bdeg.ca

BulldogEnergyGroup.com

Join Our Team!



3010. Auctions

CANADA PLACE FITNESS
Association Auction. 10527 - 106 St., Edmonton. Saturday, October 25, 10 a.m. Selling treadmills, cross trainers, steppers, spin and recumbent bikes, selectized weight equipment, free weights, racks, benches, dumbbells, barbells, lockers, and more. See www.montgomeryauctions.com. 1-800-371-6963.

COIN AUCTION. October 25 at 1 p.m. Paper, silver dollars, .50 cents pieces, plus all other coins. Kryzanowski Auction, 1.5 miles south of Glendon. 780-635-3978.

HEAVY CRUDE HAULING
Surplus Inventory Auction. Shop equipment, parts, tools. Saturday, October 25, 6601 - 62 Street, Lloydminster, Alberta. Stewart Auctions, Vermilion, Alberta. 1-800-269-8580; www.stewartauctions.com.

WHEATLAND AUCTIONS
Heavy Duty Truck Repair Dispersal Oct. 18 in Strathmore, Alberta. Gun and Sportman's Auction, Oct. 25 in Cheadle, Alberta. Phone 403-669-1109; www.wheatlandauctions.com.

3210. Misc. For Sale

A-STEEL SHIPPING Dry Storage Containers. Used 40' & 40' Seacans high cube & insulated containers 40'-53' long. Specials in stock now. Self unloading delivery. Phone toll free 1-866-528-7108; www.rtccontainer.com.

1005. Help Wanted

3210. Misc. For Sale

BEAUTIFUL SPRUCE Trees. 4 - 6 ft., \$35 each. Machine planting; \$10/tree (includes bark mulch and fertilizer). 20 tree minimum order. Delivery fee: \$75 - \$125/order. Quality guaranteed. 403-820-0961.

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4310. Grain/Feed/Hay

HEATED CANOLA buying Green, Heated or Springthashed. Canola. Buying: oats, barley, wheat & peas for feed. Buying damaged or offgrade grain. "On Farm Pickup" Western Feed & Grain, 1-877-250-5252.

5003. Real Estate Misc.

RITCHIE BROS Unreserved Auction. October 30. Highway commercial property, 2.04 acres in Stettler. Two heated metal buildings, chain link fenced. Visit: rbauction.com/realestate for details.

5110. Houses For Rent

HOUSES FOR RENT

Close to Bonnyville Reasonable Monthly Rate Utilities Included
780-826-5339

5800. Manuf. Homes - Sale

20' X 76' MAPLEWOOD - 230. \$111,000. This spacious floor plan offers great potential for your family with 3 bedrooms, 2 bathrooms, 4 appliances & more. For more information call United Homes Canada 1-800-461-7632 or visit us at: www.unitedhomescanada.com.

IMMEDIATE DELIVERY. 2400 square foot show home The Pipestone Creek. 4 bedroom, den, 2.5 baths. Save thousands. Sunshine Homes - Lacombe, 1-877-887-2254; www.sshomes.ca.

1005. Help Wanted

5800. Manuf. Homes - Sale

WE WILL BEAT any quote in Alberta on 16, 20, 22 & modular. Many models to choose from or customize your own. Best Buy Homes. 403-948-2455, 403-560-6317.

7005. Financial Services

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www.PreApproval.ca 1-800-910-6402

7245. Misc. Services

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CRIMINAL RECORD? Think: Canadian pardon. U.S. travel waiver. Divorce? Simple. Fast. Inexpensive. Debt recovery? Alberta collection to \$25,000. Call 403-228-1300/1-800-347-2540

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Time Payment Plan O.A.C. for water wells and water treatment
1-800-BIG IRON (244-4766)
BIG IRON Drilling Ltd. View our 29 patented and patent pending inventions online at www.1800bigiron.com

7999. Too Late To Classify

Full Time Registered Dental Assistant (Level 2) Required

Very busy, well established, modern and friendly dental office in St. Paul requires a full time Registered Dental Assistant, Level 2.

Four to five days a week, Monday - Thursday 8 - 5 pm and some Fridays.

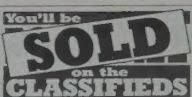
No weekends/evenings. Position to commence immediately or as soon as possible.

Please fax resume to 780-645-3576, attention Dr. Larry Hodinsky.

Space For Lease

Two heated storage buildings for rent in Elk Point. Rent both or a single. One bldg. is 32 x 28 ft with a 10 ft high x 12 ft wide O/H door.

Phone: 780-724-2000 or 780-645-0992 or 780-645-0990



Enjoying leftovers safely

OTTAWA - Many Canadians enjoy eating leftovers from family dinners and from dining out as a time-saving and budget-friendly meal. It is important to remember that leftovers need to be properly handled to help reduce the risk of foodborne illness. It's estimated that there are approximately four million cases of food-related illnesses in Canada every year. Many of these illnesses could be prevented by following proper food handling and preparation techniques.

Here are some tips to help make sure your leftovers are safe to eat:

Handling leftovers

• Wash your hands before and after handling leftovers. Wash all utensils, dishes and work surfaces with hot soapy water.

• Keep foods out of the danger zone, between 4°C (40°F) and 60°C (140°F), to prevent the growth of harmful bacteria. Throw away any cooked food left in the danger zone for more than two hours.

• Never rely on your nose, eyes or taste buds to judge the safety of food. You cannot tell if food is contaminated by its look, smell or taste. When in doubt, throw it out!

Cooling leftovers

Refrigerate or freeze all leftovers within two hours to minimize the chance of bacteria growing.

Refrigerate all hot leftovers promptly in uncovered, shallow containers so they cool quickly.

Very hot items can first be cooled at room temperature and then refrigerated once the steaming stops.

Leave the lid off or wrap loosely until the food is cooled to refrigeration temperature.

Storing leftovers

• Always use a clean container or leak-proof plastic bag to store leftovers.

• Meat from large cooked birds should be cut, deboned and stored refrigerated or frozen for safety.

• Keep different types of leftovers separate to prevent cross contamination.

• Don't overstock the refrigerator - allow cool air to circulate freely.

• Eat refrigerated leftovers within 2 to 4 days, or freeze them for later use. The recommended refrigeration times may vary slightly, depending on the food: [<http://healthycanadians.gc.ca/eating-nutrition/safety-salubrite/storage-entrepotage-eng.php>] follow these guidelines to be safe.

Label the leftovers so you can identify the contents and include the date, to make sure they aren't stored too long.

Defrosting leftovers

Thaw frozen leftovers in the refrigerator or using the "defrost" setting on your microwave. Make sure leftovers are completely defrosted before reheating.

Consume or cook the leftovers immediately after they have thawed.

Reheating leftovers

• When reheating leftovers, cook to a safe internal temperature of 74°C (165°F).

• Use a digital food thermometer to check the internal temperature.

• Bring gravies, soups and sauces to a full, rolling boil and stir during the process.

• Discard uneaten leftovers after they have been reheated - don't reheat leftovers more than once.

Reheating in a microwave

Use only containers or plastic wrap designed for use in the microwave.

Loosen the lid or wrap to allow steam to escape.

Stop the microwave midway through reheating and stir the food so that the heat is evenly distributed.

Rotate the plate several times during cooking if your microwave does not have a rotating tray.

Got your costume ready? The Halloween Family Frolic is on its way!

CLASSIFIED

A-D-V-E-R-T-I-S-I-N-G

an idea that SELLS.

Review Announcements

Programming going full speed @ the library

ELK POINT LIBRARY STAFF
Review Contributor

Fall programming is going full speed at the Elk Point Municipal Library. Last week, the lobby was lined with dozens of fat pumpkins, delivered by a beaming board member, Dwight Dach, fresh from his pumpkin patch.

The pumpkins were much admired by the ladies who attended Wednesday's Library Tea, and enjoyed a feast of seasonal goodies, but it was the youngsters who came to the After-School Crafts session who were invited to choose a bright orange beauty to take home after they enjoyed making a Thanksgiving-themed craft.

The Tuesday afternoon sessions are drawing enthusiastic groups of knitters and crochet experts, while on Monday and Friday mornings, the library hosts the Further

Ed Tone and Tighten exercise sessions.

It's a busy place, but there's still room for more events. One of those is coming up on Tuesday, Oct. 28, with the annual Alzheimer Awareness Coffee Party. Our staff is

CARD OF THANKS

MUSIYOWSKI, Paul

The family of Paul Musiyowski would like to thank everyone who helped us during our time of sorrow.

Thank you for the flowers, cards, phone calls, donations to The Parkway and Heritage Lodge Auxiliaries by friends and family.

Special thanks to Priest Father Mark Sych, Heritage Lodge staff, Parkway staff and Homecare staff, Dr. Oybode and the nursing staff. Many thanks to the Empress Restaurant for the lovely meal served. Thank you to the pallbearers and the cantors. Finally, thank you to the great staff from Grace Gardens Funeral Chapel for your professionalism and compassion. To anyone we may have missed - Thank You!

Olga & Family

already taste-testing some new specialty coffees so we can pick the very best to offer you that day!

CHURCH SERVICES



Elk Point Baptist Church
5705 - 49 St., Elk Point
Pastor Jim MacLellan
Family Worship Service
Sundays - 10 a.m.
Sunday School - 11:15 a.m.
Call 724-4194 for more information
or see our Website:
www.elkpointbaptistchurch.org

St. Vladimirs' Ukrainian Orthodox Church, Elk Point
For service times,
call 645-5156, St. Paul.

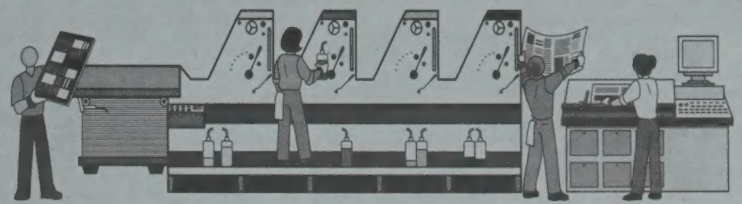
United Church of Canada
4822 - 50 Ave., Elk Point
724-3616
Services - Sunday 10 a.m.
"Come and be Welcomed -
Come and Be Nurtured"

Christian Community Church of Elk Point
4829 - 49 Ave. (Old Fire Hall)
Phone 724-4039 or 724-2648
Our Aim:
"To Know, Apply and Share the
Power of Christ"
Worship Service - Sunday 10 a.m.
Sunday School - 10 a.m.
Pastor Dave Holden
(780) 724-4949

St. Michael's Roman Catholic Church
Father Andrew Schoenberger
Sunday Mass
11:30 a.m.

Bethel Lutheran Church of Lea Park
Weekly Services, 10:30 a.m.
Holy Communion 2nd and 3rd
Sundays

Bible Fellowship Church Clondonald
Services held every
Sunday at 11 a.m.



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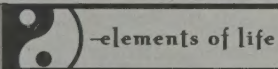
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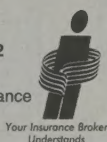
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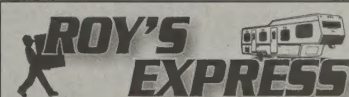
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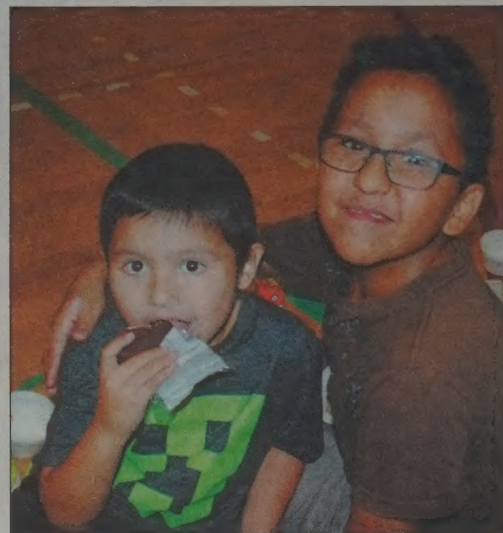
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HEINSBURG COMMUNITY SCHOOL CELEBRATES NEW SCHOOL YEAR - Staff, students and community members gathered together on October 9th for the annual flag raising and feast. Traditional drummers were on hand for the flag-raising. Elders blessed the food and participated in a pipe ceremony. All who attended enjoyed a delicious meal of turkey soup, bannok and rice pudding prior to the Thanksgiving holiday. At right, Lucas Quinney and Corbet Daniels enjoy the feast.

Heinsburg raises the flag for a new school year

Christine Yurko photos



Are the good days here to stay?

CALGARY- Members of the Canadian cattle industry will be meeting in Calgary on November 18 and 19, 2014 at the Canfax Cattle Market Forum. The annual event is in its third year and will be held at the Deerfoot Inn & Casino in Calgary, Alberta. The forum features a number of expert industry speakers who will present new perspectives and focused, up-to-date information on the beef industry.

The Canfax Cattle Market Forum is the only forum of its kind specifically built for Canadian cattle market information, while providing global perspectives. The conference is a great source of current information on global markets and trends while providing updates on key factors affecting the evolving North American cattle market. Different perspectives and insights are provided that are essential to keeping businesses profitable.

"We've broken historical barriers in the industry this year," said Brian Perillat, Manager and Senior Analyst at Canfax. "2014 will be a year to be looked back on for Canadian cattle markets: our forum is focusing on why this has happened, and whether we can maintain it going forward."

Perillat will be speaking at the conference about market factors he expects in the coming one to five years. His presentation will provide insights into local markets within the context of broader market conditions.



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